The San Diego Naval Medical Community NEWSpaper

People as well as ships

the DRY DOCK

need a haven for repair

Vol. 57 No. 4 SAN DIEGO, CALIF. Friday, January 28, 1994

Crimes against sailors increase
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What is the history of the kahuna?
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Medical Center staff heed call of 'Provide Promise,' head for Pendleton

Photo by H. Sam Samuelson

Naval Medical Center San Diego staff prepare to board a bus for Camp Pendleton. The staff will undergo 10 days of intense training before deploying to Croatia in March.

By Lt. Amanda Balika

On Monday, 400 Navy personnel, including approximately 160 medical professionals from Naval Medical Center San Diego descend upon a Camp Pendleton training site to accomplish the "impossible:" build a 50-bed, 13,500 square foot hospital from the found up. They did it in under six hours.

The sailors, assigned to Fleet Hospital Six, arrived at Camp Pendleton from 12 West Coast facilities. The hospital, constructed of 64 eight-foot sections of TEMPER tents (tents expandable mo-

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Dalton concludes San Diego and Hawaii tours, gets sailors' views

By JO2 Steven J. Pape

Secretary of the Navy John H. Dalton concluded a three-day visit with military commands in San Diego and, later, Hawaii last week, including Naval Medical Center San Diego.

As the secretary toured, he explained that with the end of the cold war, force reductions and realignments would become a necessary reality.

"One of the things we are looking at as we go about the right sizing process is treating our people right.

"Right sizing must be accomplished without sacrificing the talents of today's sailors. We must ensure we are meeting the needs of our men and women to the best of our ability," Dalton said.

During a visit to the guided missile cruiser USS Chosin, Secretary Dalton shared his goals with sailors on the deckplates. He said that guarantees are hard to come by in these changing times, but emphasized that the decisions he'll be making will be responsible and well thought out.

"Obviously anytime we make a

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Secretary John H. Dalton

BRIEFING

Naval Medical Center San Diego will hold a National Prayer Breakfast in the Fellowship Hall, building 4, on Friday Feb. 4 at 6 a.m. Guest speaker will be HMCM James Lowery and a $2 donation will be collected at the door. For additional information call 532-6025.

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The California Department of Veteran's Affairs will sponsor a seminar on Cal-Vet and Veterans Administration loans Saturday, Jan. 29, at 10 a.m. at the Veterans Memorial Center located in the old Naval Hospital chapel at 2115 Park Blvd. For additional information and reservations call 456-6555.

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The University of Phoenix, which offers bachelors and masters degree programs to military personnel, will hold an Open House Tuesday, Feb. 1, at 6 p.m at their San Diego Campus, 3890 Murphy Canyon Road.

The University's courses are designed for working adults and taught by working professionals in their respective fields. For additional information and reservations call 576-7469 or (800) 486-3773.

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Naval Medical Center San Diego Oakleaf Club will hold its Valentine's Bake Sale on Monday, Feb. 14, from 7 a.m until sold out. Surprise that special someone with delicious homemade baked treats from the Oakleaf Club.

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Earth Day Countywide 24th annual observance is April 24. This year's celebration will include the 5th annual Earth Day Fair and Parade. The volunteer introductory meeting is scheduled for Wednesday Feb. 23, 7 to 8:30 p.m. at the Casa de Oro Library. For additional information call 496-6666.

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The Naval Medical Center San Diego Nurse Appreciation Committee is seeking ma-

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Navy reviews opportunities for advancement in the 'line'

With the lifting of the combat exclusion for women and the transition to a Navy where gender no longer limits as many career choices, the Bureau of Naval Personnel has studied the future of the general unrestricted line community.

In a recent message Vice Adm. R.J. Zlatoper, chief of Naval Personnel, announced that the decision has been made to stop accessions into the general unrestricted line community in FY-94, except for a few candidates to whom the Navy has already committed. He also emphasized that while general unrestructed line officers may apply for redesignation or later transfer to other communities, no one will be required to do so.

"Over the past 20 years, the general unrestricted line community has supported the Navy superbly in positions ranging from division officer to major command," Adm. Zlatoper wrote in the Navy-wide message.

Future updates will be provided in the quarterly Chief of Naval Personnel Manpower and Personnel message, Perspective (the officer's professional bulletin), and the GEN URL newsletter as recommendations are developed and decisions made.

German blood tests negative

The U.S. European Command Surgeon General's office has announced the completion of the investigation of the German Blood Company UB plasma. All recipients of German blood products have been identified and none are U.S. citizens. Investigations also show the UB plasma shipments to a second company, AB-O plasma, were all negative.

The only U.S. citizens who were thought to be at risk are those who received German plasma products in German civilian hospitals. Any DoD-associated person who is still concerned and received a transfusion in a German civilian hospital can be tested for HIV and hepatitis in any DoD medical treatment facility.

Feb. is Black History Month

February is Black History Month. Black History Month celebrates the significant contributions blacks have made to the history of this nation.

Blacks have served in the United States military, in education, science, industry, art, music and more. Some of the noteworthy events which have happened in February include:

Feb. 15, 1688: Quakers filed first formal protest against slavery.

Feb. 14, 1817: Frederick Douglass, abolitionist, scholar and U.S. minister to Haiti, born in Maryland.

Feb. 4, 1822: Free U.S. blacks settle Liberia in Africa.

Feb. 23, 1868: W.E.B. Dubois, author, editor and co-founder of the NAACP, born.

Feb. 25, 1870: Hiram Revels, black Mississippi U.S. senator, took office.

Feb. 27, 1872: Charlotte Ray, first black female lawyer in America, graduated from Howard University.

Feb. 7, 1883: Eubie Blake, composer, born.

Feb. 1, 1902: Langston Hughes, poet, author, born.

Feb. 17, 1923: Besse Smith made first recording for Columbia Records.

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BLACK HISTORY Month

HOW DOES BEING A MEMBER OF 'PROVIDE PROMISE' MAKE YOU FEEL? ... PAGE 2

THIS WEEK IN FOCUS

Oakleaf Club asks: are you ready for deployment? If not they'll help

By H. Sam Samuelson

The Oakleaf Club of San Diego knows it is powerless to allay the heartache often associated with deployment separations. But it is fully armed to help conquer the fears that might arise when family members at home suddenly face financial, legal and medical demands previously handled by deployed spouses.

The Oakleaf Club will hold a pre-deployment seminar Saturday, Feb. 12, 8:30 a.m. to 3 p.m. in the Naval Medical Center auditorium.

The seminar is open to anyone — those deploying, the families of those deploying and especially those who may someday face deployment, even if it's not immediately imminent.

"The one thing we want to make clear is that this is not just for those who are due to deploy soon," said Oakleaf President Lynn Choplin. "It's for anyone who thinks he or she may deploy some day, as well as family members."

Though it falls on the heels of announcements that some 75 Naval Medical Center personnel will deploy to Croatia in early Spring, Choplin said the seminar was planned long beforehand.

"It's certainly fortunate that this seminar is available to those who are deploying — in fact, they should definitely make this seminar part of their predeployment plans — but we don't want people to think they aren't welcome because their spouses are not deploying with this group."

The predeployment seminar will cover such timely topics as dealing with separation, legal matters, interpersonal communications, and the roles of the ombudsman, Navy and Marine Corps Relief Society and the Family Service Center.

Capt. James Johnson, Medical Center deputy commander and the commanding officer of the deploying Fleet Hospital 6, will also present information related to Croatia, Choplin said.

There will be free child care but attendees must register in advance. For more information, contact Michelle Mahon at 244-4632 or Ilda Wood at 275-5436.

PERSPECTIVE

Rain has finally come to Southern California and with it a complex array of driving maneuvers associated with wet weather, including hydroplaning.

Losing control of your car on wet pavement is a frightening experience. Unfortunately, it can happen unless you take preventive measures.

In all sorts of rain, you can prevent skids by driving slowly and carefully, especially on curves. Steer and brake with a light touch. When you need to stop or slow, do not brake hard or lock the wheels and risk a skid. Maintain mild pressure on the brake pedal.

If you do find yourself in a skid, remain calm, ease your foot off the gas, and carefully steer in the direction you want the front of the car to go. Avoid using your brakes. This procedure, known as "steering into the skid," will bring the back end of your car in line with the front.

While skids on wet pavement may be frightening, hydroplaning is completely nervewracking. Hydroplaning happens when the water in front of your tires builds up faster than your car's weight can push it out of the way. The water pressure causes your car to rise up and slide on a thin layer of water between your tires and the road. At this point, your car can be completely out of contact with the road, and you are in danger of skidding or drifting out of your lane.

To avoid hydroplaning, keep good tread on your tires and replace them when necessary, slow down when roads are wet, and stay away from puddles, Try to drive in the tire tracks left by the cars in front of you.

If you find yourself hydroplaning, do not brake or turn suddenly. This could throw your car into a skid. Ease your foot off the gas until the car slows and you can feel the road again. If you need to brake, do it gently with light pumping actions. If your car has anti-lock brakes, then brake normally; the car's computer will mimic a pumping action.

A good defensive driver adjusts his or her speed to the wet road conditions in time to avoid having to use any of these measures!

the DRY DOCK

NAVAL MEDICAL CENTER SAN DIEGO

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News Submissions

The editorial content is edited, prepared and provided by the Naval Medical Center Public Affairs staff. Material intended for publication in the DRY DOCK may be submitted by mail addressed to Editor, DRY DOCK, Naval Medical Center, San Diego, CA 92134-5000; by phoning 532-9057 or by visiting the office in Bldg. 1. Deadline for typed story copy or photographs is 4 p.m. Monday, the week of publication.

Classified Ads

Classified ads of 20 words or less are available free on a space-available basis to military and civilian employees, providing the ad does not reflect a business venture. Free classified ads must be submitted to the DRY DOCK office by 4 p.m. Monday. Ads are accepted only by mail or delivery; ads cannot be accepted over the telephone.

Briefing

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terial donations to be sold at Kobey's Swap Meet. Proceeds will go toward nurse appreciation week. Contact Debbie Vaden for small items at 532-8199 or Donna Bradley for large items at 532-6275. Deadline for donations is Feb. 15.

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American Intercultural Student Exchange, Inc. is officially designated as an exchange visitor program by the U.S. Information Agency and is looking for host military families for foreign students visiting for the 1994-1995 school year. For additional information contact Annie Ring at 1-800-SIBLING.

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Colin L. Powell Joint Warfighting Essay Contest sponsors at the U.S. Naval Institute are still seeking essays. They must be postmarked before April 1st. Essays should be about combat readiness in a joint context /m-/ persuasive discussions of tactics, strategy, weaponry, combat training or other issues involving two or more services. Entries may be heavy in uni-service detail but must have joint application in terms of force structure, doctrine, operations, or organization for combat.

Essays must be original, must not exceed 3,000 words, and must not have been previously published. An exact word count must appear on the title page. All entries should be mailed to Colin L. Powell Joint Warfighting Essay Contest, U.S. Naval Institute, 118 Maryland Avenue, Annapolis, Md. 21402-5035.

The motto must appear on the title page with the title in lieu of the author's name and by itself on the outside of an accompanying sealed envelope containing the name, address, telephone number, social security number and short biography of the essayist, the title of the essay and the motto. For additional information contact Bert Hubinger at (410) 268-6110.

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Navy Lieutenant Diana Foster a Supply Officer commissioned in 1987, assigned to SEAL Team THREE Naval Amphibious Base, Coronado, has been selected as the 1993 Navy Female Athlete of the Year.

The U.S. Military Sports Association Board of Directors will honor Foster, a Naval Academy graduate, at a National Press Club

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NAVAL MEDICAL CENTER SAN DIEGO READERS REPLY

Question:

How do you feel being a part of Fleet Hospital Six and Operation Provide Promise?

HM2 Victor Rodriquez, Naval Station Pharmacy

"I'm happy to take part in a mission whose purpose is to render aid. Every time I deploy for an actual mission, like Operation Desert Storm, I get a strange sense of pride, like butterflies inside me."

MA2 Robert Berggren, Security Department

"Right now it's something to do. This is an opportunity for meto learn to apply my job in an actual field environment. Plus, I'll get a chance to learn about a different culture."

SK3 Ruben Gonzalez, Naval Dental Center, San Diego

"It's a real experience for me. During Operation Desert Storm I was assigned to the USS Tarawa, so this will be the first time I'll be on the ground in a potentially hostile environment. But it will make good field experience."

MS2 Thomas Simmons, Bachelor Enlisted Quarters

"Personally, I don't believe anyone of us should go. We have problems in our own country we need to take care of, especially in Los Angeles. I'm on 96 hour standby so I don't even know if I'm actually going to go, but the training will be good."

Ensign Gail Norris, Food Management Department

"I'm excited because this is going to be a rewarding experience for me. It will be a new environment but what makes it different is that this is real life, not a training exercise. That gives ita different aspect."

HMC Marie Hanson, Command DAPA

"This is going to be an excellent career opportunity because we will be putting to the test all the training each of us has received since we joined the Navy. *This* is the Navy adventure I was promised and signed up for."

DoD funds breast cancer research

By Lt. Cmdr. Bill Kinney

Naval Medical Logistics Command recently completed three major procurement actions, providing more than $1.45 million in equipment and supplies to support breast cancer detection and biopsy, the practice of urology, and to provide much needed hospital beds and patient furniture for seven naval hospitals outside the continental United States.

In fiscal year 1992, the House of Representatives authorized funds for the U.S. Army Research and Development Command to coordinate breast cancer research among the three services. A portion of the funds was designated by the Army's research and development command to purchase "Prone Stereotactic Breast Biopsy Systems" for selected naval hospitals, furthering a national data collection effort in the use of this new technology. The following hospitals were selected by the Navy Surgeon General's Specialty Advisor for Radiology to receive this breast biopsy system and are all currently functional: National Naval Medical Center Bethesda, Md.; Naval Medical Centers Portsmouth, Va.; San Diego and Oakland, Calif.; Naval Hospitals Charleston, S.C., and Pensacola, Fl.; and U.S. Naval Hospital Okinawa.

In late FY92, the Navy's medical logistics command coordinated and initiated procurement of LORAD stereotactic breast biopsy systems for the above facilities. In late FY93, available funds at the Navy's medical logistics command provided the opportunity to procure a complete LORAD stereotactic breast biopsy system for Naval Hospital Camp Pendleton, Calif., and additional consumables and equipment for the first seven sites amounting to $354,894.

In July 1993, Capt. J.F. Sands, MC, the Surgeon General's Specialty Advisor for Urology, presented a "Urology Paradigm" model to the Bureau of Medicine and Surgery Strategic Technology Planning Committee, chaired by the Deputy Chief of Bureau of Medicine and Surgery. The model is designed to specify the general equipment and supplies needed to support urologists in their practice. It serves as a planning tool to

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Medical Center to host Honor Society event

Naval Medical Center San Diego will host the business meeting of the National Honor Society of Nursing, Sigma Theta Tau, Zeta Mu Chapter-at-Large, Monday, Feb. 7 beginning at 5 p.m. in the Medical Center auditorium.

The theme for the meeting will be "Navy Nurses: Roles and Research," said Cmdr. Nancy Owen, Naval Medical Center's director for Patient Relations and a member of Zeta Mu.

According to Zeta Mu President, Evelyn Anderson, "This is our Spring Business Meeting which will include a wonderful research program by our military honor society members at Balboa."

After the meeting, in which some officers will be elected, Naval Medical Center staff nurses will discuss the role of the Navy Nurse Corps, innovations and operational assignments.

After the presentations, members will adjourn to the foyer for refreshments and to review posters. For more information, call Cmdr. Nancy Owen at 532-6416.

McCann selected to White House post

By HM2 Edgar Nimh Singh

A cardiologist working at Naval Hospital Camp Pendleton's Internal Medicine Department was chosen to augment the White House medical staff assigned to treat President Bill Clinton, his family and staff.

Lt. Cmdr. Dervilla Mairin McCann, MC, said she was thrilled, very honored and a little surprised. "There were excellent candidates to choose from, and five were ultimately interviewed," she said.

McCann will begin her White House tour of duty in May 1994 as the only cardiologist assigned to the President and will be joining a team of Navy, Army and Air Force medical personnel.

McCann said her greatest challenge would be supporting an extremely energetic and active President. "You accompany him to almost everything, and he keeps going from the early hours to the late hours," she said.

One of the three doctors assigned to the White House is always travelling with the President.

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CNO outlines plans for leaner Navy future

In a press briefing held at the Pentagon Jan. 18, Chief of Naval Operations Adm. Frank B. Kelso II emphasized that while the naval forces of the future — Force 2001 — will have smaller numbers of ships, aircraft and Navy/Marine Corps personnel, the capability of these smaller forces will be significant due to the wise use of technologies and prudent cost-cutting measures.

"One of the basic philosophies of our plan is to take charge of our own fate," Adm. Kelso said. "To get there, we need to reduce the excess infrastructure we have and make ourselves efficient at what we do to create the capital necessary to maintain a quality Navy. We're not only thinking about the Navy today, but the Navy after the next Navy," said the admiral.

The objectives of the refocused Navy program include:

- Recapitalization. New procurement must be maintained for ships, submarines and aircraft to ensure modern, capable forces in the future.
- Readiness. Funding for manning, maintenance and operation of the fleet will be protected.
- Restructured forces for the new environment. Expeditionary capability for naval forces in littoral regions as emphasized in "...from the sea."

Adm. Kelso stressed that support organizations (such as bases, industrial facilities, training establishments and logistic facilities) must be reduced to maintain sufficient funds for modernization of forces.

According to the admiral, maintaining the readiness of the fleet will remain one of the Navy's top priorities. "In the past, we've had a hard time retaining people if we keep them at sea too long. So it's important that we only operate the force within its capability on a day-to-day basis in peacetime or we'll see the downturn in people.

"One of the things I was very fortunate to have when I came to this job was the Navy that my predecessors left me — it was a very good one. I hope that I can leave one in the years downstream, when we need one."

Deploy

Continued from page 1

bile personnel) and seven ISOs (international standard organization) modules, was erected on nine acres at the Fleet Hospital Operations and Training Command facility as part of a week-long intense training program.

More than 230 of the exercise participants were preparing for this upcoming deployment in March for six months to Zagreb, Croatia, to provide medical treatment for the 28,000-member United Nations peacekeeping force. Those individuals taking part in the training but not scheduled to deploy in March, will be in a recall status, prepared to deploy to Croatia or anywhere else they may be needed in 96 hours.

In addition to building an entire hospital, Fleet Hospital Six underwent 56 straight hours of mass casualty and security drills. During these drills, skills ranging from treating a patient for a gunshot wound to the chest, reacting to a simulated air raid on the hospital, to mobilizing security forces to defend against sniper attack were exercised.

"The exercises went very well. The spirit, inventiveness, cooperation and esprit de corps of everyone were extremely gratifying," said Fleet Hospital Six's commanding officer, Capt. James Avery Johnson. "This training reminded me of why I stay in Navy medicine instead of going back to the civilian sector which is where I came from."

On Thursday the team began disassembling the hospital they had built 72 hours earlier. Dismantling and repacking medical equipment, TEMPERS and ISOs took only four hours for the enthusiastic group, Johnson said.

"The teamwork has been excellent," said Johnson, "from filling sand bags to building bunkers to helping each other with various drills. Doctors have been teaching nurses, nurses have been teaching corpsmen and corpsmen have been teaching doctors and nurses.

"And we've had fun, even with the rain, the power outages, the fires we fought near the camp and the cold," Johnson said.

Mastering the art of building a hospital capable of performing more than 40 major surgical procedures in a 72-hour period, the sailors Fleet Hospital Six have also built a team which is ready to tackle the challenges of providing quality medical care to the UN peacekeeping force, Johnson said.

HEALTH FOCUS

Southern-style cooking, or soul food, is an African-American tradition, but is it healthy? It can be — and the American Heart Association offers pointers that show how to make soul food better for you in a brochure called "Eat Heart Smart with Soul: A Guide to Heart Healthy Eating African American Style."

Now the fat, cholesterol and sodium content of many favorite recipes can be reduced while preserving the unique taste and 'soul' of a great cooking tradition. Many ingredients, such as greens, peas, beans, rice, poultry, fish, corn and fresh fruits, should be a regular part of a heart healthy diet. Choices of certain fatty meats and cooking methods like deep fat frying, however, make some soul food less healthy.

In addition to recipes for dishes like "Honey-Baked Chicken" and "Southern-Style Cornbread," "Eat Heart Smart with Soul" provides hints on food preparation. It notes those foods that we should eat more often as well as those that should be eaten less often. There is also a list of salt-free seasonings and spices that make healthy accompaniments for certain foods.

To get your free copy of "Eat Heart Smart with Soul," send your request with a self-addressed, stamped, business-size envelop, to your nearest American Heart Association listed in the white pages.

PLAY YOUR PART
BE A RED CROSS VOLUNTEER

Crimes against sailors increase

By Dan Epperly

A recent threat assessment message for the San Diego region sent by Commander Naval Base San Diego, calls the city's criminal threat "relatively high."

According to figures gathered from the San Diego Police Department's Crime Analysis Division, during October and November of 1993 there were a total of 75 violent crimes, 89 property crimes and 67 motor thefts near the San Diego Naval Station area.

The Naval Station area is not the only base with crime problems.

According to the COMNAVBASE message, all military bases in the county have reported theft of personal property, vehicle break-ins, vehicle thefts, and thefts from BEQ rooms.

Areas near naval bases, such as the Midway District, have also experienced high crime. The report said a sailor was robbed recently in front of Pacer's, a stripper bar in the Midway District. The sailor had been drinking and was alone when he was attacked by a lone assailant who stole $40 from the victim and punched him in the face.

The message also warned sailors about several incidents of alleged police corruption in Tijuana.

Some military members have reported that two uniformed individuals wearing badges and guns have approached service members and demanded money.

Tijuana officials have reported that several police officers were recently fired for engaging in "corrupt activities."

Anyone experiencing a similar incident should report it to the Border Shore Patrol.

The message noted that Tijuana police can be recognized by their uniform which is khaki trousers and shirts with a yellow and blue stripe down the legs.

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Procure

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establish a baseline assessment of existing supplies and equipment to support the specialty, and to project current and future requirements. This allows the proper resource planning to incorporate new technologies consistent with specialty practice guidelines. The development of a model to support acquisition of new equipment is an objective methodology in determining command requirements and assessing future needs.

Capt. David Fisher, MSC, commanding officer of the Navy's medical logistics command, recommended that should operations and maintenance and other procurement funding become available, they be provided to commands identified in Sand's model with equipment shortfalls. In September 1993, the Navy's medical logistics command validated equipment requirements identified in the model and obligated $409,000, providing urology equipment to 10 hospitals.

In mid-September 1993, Defense Personnel Support Center awarded a contract to Joerns Healthcare Inc. for electric beds and patient furniture. The contract was awarded on the basis of "Best Value" to the government. The technical evaluation panel consisted of clinical nursing and biomedical repair representatives from the Navy, Army, Air Force, Public Health Service and Department of Veterans Affairs.

Available FY93 O&M, DHP funds at the Navy's medical logistics command provided the ability to procure $600,000-worth of replacement hospital beds.

Dalton

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decision we take into consideration the human element. We know that these decisions affect people's lives and we are very conscious of that," he said.

After breakfast with 65 crewmembers, he toured the ship and held an all hands meeting on the flight deck.

"We talked about cutbacks and advancements," said ship's serviceman 3rd Class Frank Romero.

"He said that the worst of the cutbacks were over."

Children's Dental Health stressed during February

February is National Children's Dental Health Month. Enrolling in the Uniformed Services Active Duty Dependents Dental Plan can help your family maintain good dental health by providing comprehensive dental care services comparable to — or better than — dental health plans offered by civilian employers.

Dependents Dental Plan offers a wide array of dental health care services for children — at an affordable price for parents or guardians. Preventive services for children, such as cleanings and flouride treatments, are covered at 100 percent. The plan also provides 100 percent coverage for space maintainers for children up to age 14.

Sealants for children's teeth are covered at 80 percent. Dependents Dental Plan also provides 50 percent coverage for orthodontic treatment (such as braces) for children up to 19 years of age. In addition, many other important dental services, such as fillings, extractions, root canals and emergency treatment, are covered by the plan.

Dependents Dental Plan has the benefit of no deductibles. It also has an annual $1,000 maximum per patient on all services except orthodontics and a lifetime $1,200 maximum per patient for orthodontics. The service branch pays 60 percent of each sponsor's total premium, so the sponsor's monthly payroll deduction remains reasonable at $9.65 for one dependent or $19.30 for two or more dependents.

Parents can make appointments for their children with any licensed dentist they choose — including pedodontists (dentists specializing in children's teeth). By going to one of more than 110,000 Delta dentist offices, your family can save money, time and paperwork. Delta dentists have agreed to charge DDP patients fees that have been preapproved by Delta and will submit patients' claims forms. Delta dentists accept payment directly from DDP Delta, so you are not required to pay up front for covered services (except for the patient copayment for services covered at less than 100 percent).

Dependents Dental Plan is voluntary, so active duty service members must enroll their dependents at their personnel office. Spouses and children living in the United States, Guam, Puerto Rico and the U.S. Virgin Islands can be enrolled in DDP for a minimum enrollment period of 24 months.

The Health Benefits Advisor in the CHAMPUS office at your installation can explain DDP coverage in detail. Your HBA also has a list of Delta dentists in your area. You can also call DDP Delta Customer Service (916) 381-9368 to find out more about how DDP can maintain your children's dental health.

Briefing

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ceremony in Washington, D.C.

Foster, an Illinois native, played on the Women's All Navy and Armed Forces Volleyball teams in 1991 and 1993. In 1993 she was co-captain of the Armed Forces Volleyball team, and was selected All American at the U.S. Volleyball Nationals.

Elections for the Junior Nurse Council will be held at the OOD's Desk Feb. 14-18.

Nominations for officials will be accepted Jan. 18 to Feb. 14 by the DNS secretary Irene Wilson at 532-6458 or Lt.j.g. Lisa Osborne at 532-9066.

For additional information call Lt.j.g. Lisa Osborne at 532-9066.

The Navy and Marine Corps Relief Society is seeking volunteers.

A non-profit charitable organization whose purpose is to assist Navy and Marine Corps personnel and their families, Navy and Mrine Corps Relief provides educational loans, visiting nurse serv-

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McCann

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Aside from a Navy cardiologist, the president has an Army oncologist and an Air Force endocrinologist. During the Reagan-Bush administrations, there was also a civilian doctor, but this is no longer the case.

McCann said the White House requested her to consider the White House billet last October and asked her to put in an application. She had been highly recommended by Cdr. Connie Mariano, MC, the President's current Navy physician, whom McCann will replace in May.

Last November, McCann flew to Washington and was interviewed by the White House military director, the head of the medical unit, and the head of security. Additionally, she met with the nurses and physicians assigned to the clinic.

She said the interview was formal, but the staff seemed to try to get a sense of what she would be like to work with. "Whether I fit in with current administration," she said, adding, however, that her appointment was purely a military one.

McCann said she toured the east wing of the White House where the First Lady has some office space, but what struck her most about the place is that "it is really and truly a residence."

She said it will be an accompanied tour, with her husband, Stephen, and sons Liam, 8, and Aiden, 5. McCann is a 1984 medical school graduate of Tufts University in Boston. She joined the Navy in 1981 under a scholarship program.

When asked if she ever thought she would someday be the President's doctor when she joined the Navy, McCann said, "Not in my wildest dreams. It is totally amazing to me.

"But I know it will really be an exciting time in my life, and I'm looking forward to it."

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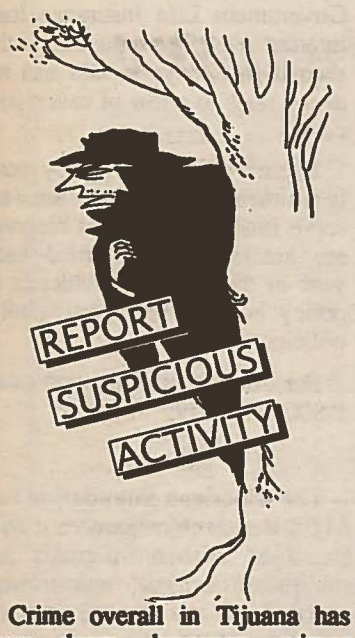
FIRST SIGHT

Crime

Continued from page 3



Crime overall in Tijuana has gone down, however, crimes against lone military members, especially those under the influence, remain high. Areas of concern in Tijuana are Ave Revolucion and the foot bridge over the canal.

It was also reported that the Club "Xs" on Ave Revolucion have recently had an increase in fights, muggings and excessive force committed by bouncers against patrons.

On the positive side, in the month of November, the number of violent domestic disputes in military housing continued to decline.

Residential burglaries, however, continue to increase as has vandalism, especially in Murphy Canyon, Bayview and Cabrillo housing areas.

There is some good news. Statistics show that the vehicle theft rate is down.

However, the theft rate has not declined for owners of Oldsmobile Cutlasses and Chevrolet Sierras. The police report shows that these two vehicles, especially rentals, experienced a high rate of theft.

People owning certain models of cars may want to take measures to secure their vehicles. San Diego Police report that the most often stolen vehicles in and around San Diego were the '79 Toyota Cressida, the '93 Oldsmobile Cutlass and the '78 Toyota Cressida. The Honda Prelude and the Hyundai Excel also ranked high in the theft category.

TAX TIPS

The Internal Revenue Service wants to make federal tax filing as easy as possible.

To simplify the tax process, IRS has set up a free publications service and several toll-free telephone numbers for taxpayers to call for answers to tax questions.

IRS publishes numerous pamphlets, with each addressing a specific topic, step-by-step. For example, if you have questions concerning child care expenses, ask for IRS Publication *503, Child and Dependent Care Expenses.* Or for questions concerning military taxes, IRS Publication 3, *Tax Information for Military Personnel,* should take care of the problem.

In addition to the publications, IRS offers a number of forms to help determine the correct tax, from selling a home and deductions to expenses and disasters.

Check your federal tax package for a list of some publications and forms you may need. IRS Publication 910, *Guide to Free Tax Services,* offers a complete list of publications and forms, as well as other free IRS services.

Some publications and forms are available at installation tax offices or through local libraries, banks and post offices. Overseas, check with the nearest U.S. consulate or embassy. Or you can make one telephone call or mail one card to the IRS publications service requesting everything you need at one time. Call IRS toll-free at 1-800-829-3676 or write to:

IRS
Forms Distribution Center
PO Box 25866
Richmond, VA 23289.

If you have specific questions, you can call a tax assister at IRS. Deductions, exemptions and expenses are only a few topics they will address for you, said IRS officials. Call your local IRS office or toll-free 1-800-829-1040 for help.

Individuals who live overseas and have tax questions should check with the nearest U.S. embassy or consulate for assistance. Another option, said IRS officials, is to call IRS at 202-874-1460, send a facsimile to 202-874-1752 or write to:

Internal Revenue Service
950 L'Enfant Plaza SW
ATTN: IN:C:TPS
Washington, D.C. 20024 USA.

Tele-Tax is a prerecorded system that offers more than 140 tax topics including expenses, contributions, itemizing and electronic filing. Some messages are also available in Spanish.

The system is available 24 hours a day for individuals with touch-tone telephones; if you have a rotary telephone, you need to call during normal business hours.

Specific information on the system is available in your federal tax package. To listen to the messages, call the local telephone number listed in your package or call toll free 1-800-829-4477.

If you filed your federal tax return and haven't received your expected tax refund at the end of eight weeks, IRS has a toll-free telephone number for you to call.

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The history of the kahuna

By Cmdr. Ken Ockerman

Hawaii, land of swaying palms, tropical kaleidoscope of colors and cultures, has been called Paradise West. But there's more to Hawaii, than its intriguing and colorful history. And integral to this history are the kahunas, experts in the arts, navigation, and healing.

More frequently, the word kahuna invokes images of witchdoctors, superstition, occult, sorcery and black magic. Actually, though many were shamans, kahunas were essential to ancient Hawaiian life and social structure, and were highly respected, intelligence, well trained leaders — the power behind the chiefs or ruling class (ali'i).

When Captain Cook landed in Hawaii in 1788 Hawaiian social structure consisted of the ali'i, maka'ainana (commoners), kauwa (slaves), and kahunas. Kahunas remained with the family from conception to birth. These included the kahuna lapaau, who studied herbs and plants and their effects.

Unquestionably, having children was important to Hawaiians — so much so that for barren wives the kahuna would administer a mixture made of plants and sea leaf buds. He often required both parents to make sacrifices and offerings to him. A child born after these techniques was considered exceptional.

Kahunas were also intimately involved with normal pregnancies and claimed to predict when labor was to begin by gentle external palpation. They could lessen complications by skillfully adjusting the fetus when it was in a transverse position. The mother never talked about her pregnancy because of the risks associated with it.

Predicting the child's sex prior to birth through clairvoyant trances or dreams, or the occurrences of telltale phenomena was another ability claimed by the kahuna. For example, if an expectant mother felt her child on the right or left side, kahunas predicted it would be a boy or girl, respectively. Or, extended, a boy would be born, while left hand extension meant a girl, when both hands were extended — oh well.

A kahuna would also predict the sex of a child by interpreting the first symbols he saw when going outside the mother's hut, e.g., a digging stick symbolized a boy, while a tapa-beating mallet meant a girl. Could this be the origin of why wives chase husbands with rolling pins?

The kahuna made other prophesies during the mother's pregnancy. For instance, the kahuna interpreted a pregnant mother's craving for a particular food as that of the unborn child's, one that signified not only the child's personal desire but personality traits as well. A mother's craving for manini fish (surgeonfish) predicted a child who would be as affectionate, shy and timid as the manini. Craving squid meant that the child would cling like a squid but would flee from those he or she did not like. Eating hilu fish (yellowfish) foretold of a quiet, industrious child while craving tiger shark symbolized a fearless fighter. (This author loves shark meat.)

Next week: The final months.

Briefing

Continued from page 4

ices, thrift shops, infant layettes, food lockers, budget counseling services and volunteer training programs.

Volunteers originally created the Navy-Marine Corps Relief Society and have been in the forefront of its development throughout the years.

Active duty, retirees, dependents, or civilians may contact George Thacker at 238-1060 to volunteer, register for one of the training classes or additional information.

•

The San Diego Medical Federal Credit Union will have a mobile branch office in the Naval Medical Center court yard every Monday and Wednesday from 8:30 to 11:30 a.m. For information regarding services offered call 453-7844.

•

Washington state Tallship is visiting San Diego Maritime Museum until Feb. 6. Lady Washington will be moored next to the ferryboat Berkeley at the Maritime Museum and is offering educational tours, whale watching and evening sail charters. For additional information call 234-9153.

•

American Lung Association and Triaminic Parents Club invites children to design Christmas seals for their 1994 campaign.

Children between the ages of 6 and 15 may enter by submitting an original drawing which expresses the contest theme: "Things that make you feel good at the holidays."

Entries will be accepted until March 4. For additional information call 1-800-586-4872

•

Department of Veterans Affairs announced reduced Government Life Insurance loan interest rates. The reduction is the second in two years and has reduced rates to a low of seven percent.

Interest charged on policy loans is returned to the life insurance reserve funds. Any excess reserves are automatically returned each year in the form of dividends to policy holders with participating policies.

For further information call 1-800-669-8477.

•

The American Foundation for AIDS Research announces it will award $1 million in grants for studies on critical, unanswered questions in the disease causing properties of HIV.

The goal of this targeted grant program is to understand three specific ways in which the human immune defense system fails to respond appropriately to infection with HIV and how to overcome these crucial deficiencies.

Dr. Jeffrey Laurence, AmFAR's Senior Scientific Consultant and Associate Professor at Cornell University, noted that, "The research to be funded through this second targeted Request for Proposals could well provide key clues on HIV pathogenesis and immune reconstitution strategies that could have rapid utility in the clinical setting, and not just for HIV positive people with high T cell counts."

Researchers interested in learning more may call for American Foundation for AIDs Research at (213) 857-5900.

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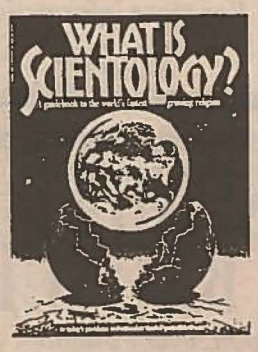

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6 11:00 AM VOLLEYBALL HOT DOGS 6:00 PM FREE SIGN LANGUAGE CLASS	7 7PM FREE PHONE CALLS WHEN YOU FILL OUT AN AT&T APPLICATION	8 6:00 PM FREE DINNER & BINGO KIDS KORNER	9 7 PM VIDEO TOURNEY	10 7PM POOL TOURNEY	11 7PM GAME NIGHT BALDER-DASH	12 8 PM USO'S FORMAL VALENTINE'S DANCE
13 6:00 PM FREE SIGN LANGUAGE CLASS	14 7 P M VALENTINE'S DAY HOMEMADE COOKIES & COLD MILK	15 6:00 PM FREE DINNER & BINGO KIDS KORNER	16 7 PM VIDEO TOURNEY	17 7PM POOL TOURNEY	18 6:30 PM SPAGHETTI DINNER 8:00 PM DESIREE THE HYPNOTIST	19 8 PM SATURDAY NIGHT DANCE
20 6:00PM FREE SIGN LANGUAGE CLASS 7:00 PM CIDER & CINEMA	21 NOON PRESIDENTS DAY BARBECUE & SPORTS DAY AT THE EMBARCADERO	22 6:00 PM FREE DINNER & BINGO KIDS KORNER	23 7PM VIDEO TOURNEY	24 7PM POOL TOURNEY PRE PAYDAY SNACKS	25 6PM GULLS PLAY ATLANTA	26 8 PM SATURDAY NIGHT DANCE
27 11:00 AM SURPRISE PIZZA PARTY WITH CATCH 6:00 PM FREE SIGN LANGUAGE CLASS	28 7PM FREE PHONE CALLS WHEN YOU FILL OUT AN AT&T APPLICATION					

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Do you need to give yourself a financial makeover?

By Loren Dunton

Do you seldom have money left over after paying your monthly bills? Are you saving money regularly? Maybe a financial makeover could improve your financial status.

American is not a nation of savers, according to financial experts, and most Americans need to learn how to save again. Learning to accumulate and manage money has more to do with everyday spending decisions than with successful investing. Most people can benefit by taking an honest look at where their money is going and then planning a new financial strategy.

Essentially, a financial makeover means substituting new habits for ineffective ones. The following are tips to help you adopt a financial strategy that can leave you with money to save after you meet your monthly obligations.

• Establish a written spending plan. First, total all monthly expenses and measure them against monthly income. If you come up short or just break even, prioritize spending so you can identify ways to cut back. Also note the type of items you buy on credit and consider whether they're worth the interest charges you pay.

• Improve your spending habits. The National Center for Financial Education estimates many Americans waste 20 to 30 percent of their money through poor spending habits.

• Try to save money on every purchase. Always comparison shop before making a major purchase. In addition, take advantage of rebates, sales and manufacturers' coupons.

• Don't buy items you only need for a short time, rent or buy them.

• Avoid expensive credit cards. Shop around for the lowest interest rate. Use only one or two universally accepted cards.

• Pay off debts as fast as possible. A savings account earns low interest these days so use the money to pay off credit cards that charge high interest rates. Once you've paid off the cards, close the accounts. You'll be able to rebuild your savings at a faster rate.

• Don't lose money on debt. Some loans can work against you. Beware of long-term, high interest loans. If you pay only the minimum amount due on high interest credit cards, you're paying interest on the interest and never really making a dent in the principal.

• Review your insurance coverage. Make sure your employer's coverage isn't being duplicated by your spouse's. Look for ways to save like higher deductibles. Car insurance costs are based partly on your driving record so make sure it is correct. Consider dropping collision coverage on a car worth less than $2,000.

• Save as much as you can as fast as you can. Verify retirement and Social Security benefits. Find out how much retirement you earn through your employer's plan, whether you can make contributions and when you become vested.

• Confirm the Social Security benefits credited to you match your income tax return. Call toll-free, (800) 772-1213, to verify earnings and estimated benefits. Errors can't be corrected after three years so check at least every other year.

• Get a financial education. Learn about investments and current rates for interest, taxes and credit cards by reading financial magazines, newsletters and newspapers.

Dunton is president of the National Center for Financial Education in San Diego. Article reprinted with permission from Vitality Magazine, *Dallas, Texas.*

ABOUT TOWN

Successful Money Management a three part presentation starting February 10 and going from 5:30 to 8:30 p.m. is being offered free at City College. This is not a seminar on budgeting or forced savings plans, but an education to instruct people on how to get maximum return from your available money. Call for more information and reservations at 455-8276.

•

Naval Medical Center Parent Support Team will assist a group discussion on Parenting Your Child from Infancy through Age Two for 6 Wednesdays beginning Feb. 2 from 5:30 to 6:30 p.m. at the Murphy Canyon Chaplain's Office. For additional information or to register contact Elizabeth Skelding at 532-7149.

•

Sharp Healthcare will sponsor a New Breath Smoking Cessation Program designed to help women with young children stop smoking.

The seven week program is a Sharp sponsored course designed specifically to help pregnant women and women with children under age six quit smoking. New Breath classes are forming now at locations throughout San Diego County. For specific times and locations and to register, call the Sharp Center for Health Promotion at 221-7600.

The course is free to women with low incomes.

•

Morale Welfare and Recreation is offering scuba classes. Learn from the best. Weekend classes starts Friday, Jan. 28, at 6 p.m. For additional information call 424-6547

•

The Black Heritage Club will present A Play about American History 'From Slavery To The On Going Dream' at Mt. Erie Baptist Church on February 4 at 7:30 p.m. Admission is free. For additional information call Vanessa Kinard at 537-1916.

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Black

Continued from page 1

Feb. 10, 1927: Leontyne Price, world acclaimed opera singer, born in Mississippi.

Feb. 20, 1927: Sidney Poitier, first black actor to win an Oscar ("Lillies of the Field," 1963), born in Florida.

Feb. 10, 1941: All black 366th is activated as an infantry regiment with black officers.

Feb. 2, 1948: President Harry Truman issued a message to Congress that segregation in the military would cease.

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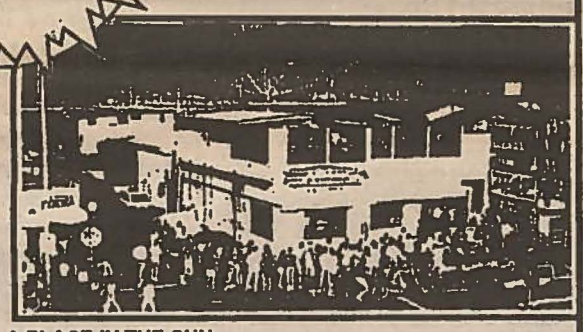

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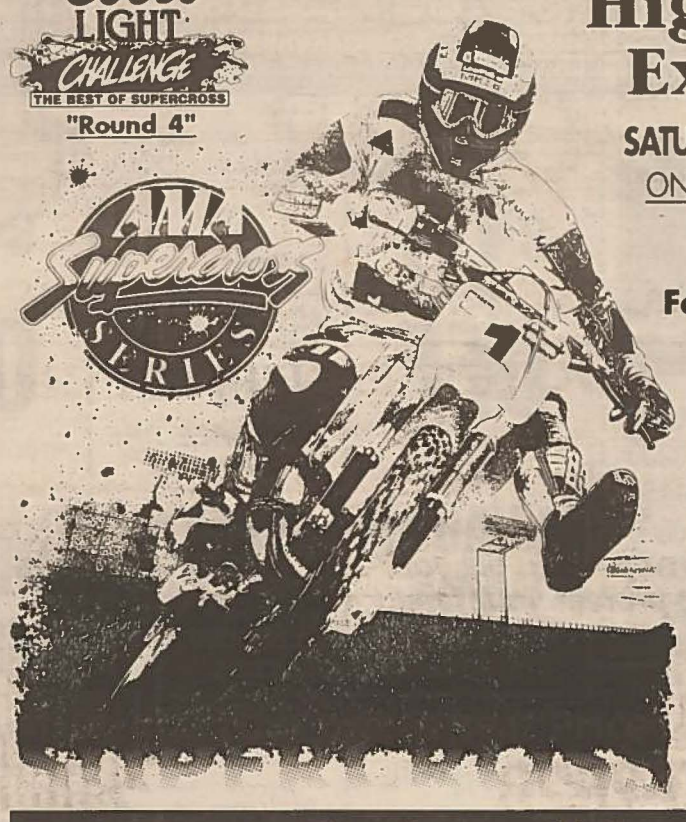

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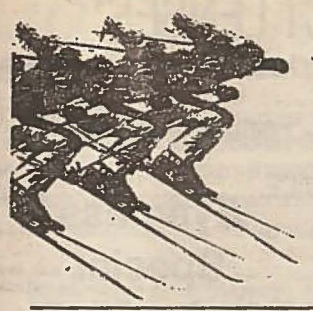

M.W.R.
BEAR MOUNTAIN SKI TRIP!

FEBRUARY 13, 1994
(Sunday)

PACKAGE INCLUDES: $55.00 PER PERSON

- *Full day lift ticket at Bear Mountain! (A $38.00 dollar value!)*
- *Roundtrip motorcoach transportation on Sundance Stagelines!*
- *Beginners receive 1/2 day beginner lesson & all day lower mountain lift pass!*
- *$5 discount on rentals at Sport Chalet!*
- *Departs at 5:00am from the Uptown Center in Hill Crest!*
- *Second pickup at 5:45am at the park & ride at 78 & Broadway in Escondido!*
- *A custom pickup at your Company will be made for groups that fill the motorcoach!*
- *Professional group tour guide - non-smoking bus - returns to San Diego at approximately 8:30pm!*

SPACE LIMITED! FULL PAYMENT DUE 10 DAYS BEFORE DEPARTURE!
For further reservation information contact: Glorie Willie: 532-7245
Please make checks payable to M.W.R.

TICKETS AND TOURS

The Morale, Welfare and Recreation Ticket Office is a service provided for the active duty, DOD civilians, reservists, retired and dependents at Naval Medical Center San Diego. The ticket office is located in building 1, around the corner from the galley. Office hours are 9 a.m. to 4:30 p.m. For more information call Teri Hinsey at 532-7255.

ATTRACTIONS	DISCOUNT Adult/Child	REGULAR Adult/Child
Comedy Nite (Downtown)	$5	
Comedy Store (LaJolla)	$2.50	$10
The Theater in Old Town Voucher	$13.75	$20
Mystery Cafe Dinner Show	$34.50	$39
A La Carte Book	$5.50	
Entertainment '94	$38	
Family Fun Center	$10.70	$15
Gold C Coupon Book	$12	
Old Town Trolley	$12.50/5.50	$16/7
Invader Cruises (1-hour)	$5.10	$10
Invader Cruises (2-hour)	$6.65	$15
Invader Whale Watching Cruise	$8.15	$15
Invader Dinner Cruise	$32.15	$41.10
Invader Sunday Brunch	$25.25	$30
Invader Horn Blower Dinner Cruise	$32.15	$41
Harbor Excursion Cruise (1-hr)	$5	$10
Harbor Excursion Cruise (2-hr)	$6.50	$15
Harbor Excursion Whale Watching Cruise	$6.50	$15
Dinner Cruise Harbor Excursion	$36.90	$39.95
SD Ice Arena Skating w/rental incl	$5.50	$6
Marshal Scotty's	$4.50/6.95	$5.95/7.95
SD Gulls Ice Hockey Coupon	$6.50	$12
Capture the Flag (Paint Gun War Game	$15.50	$20

BITS AND PIECES

Exciting golfing action in a beautiful setting are waiting for you at the 1994 Buick Invitational of California February 22-27. The Torrey Pines Golf Course in La Jolla will host this year's $1,000,000 Buick Invitational.

Many of professional golf's greatest stars have already committed to play including defending champion Phil Mickelson, Craig Stadler, Ben Crenshaw, Scott Simpson, Chip Beck and Steve Elkington.

The six-day event will include a Buick Shoot-Out, a celebrity Pro-Am, three rounds of golf and a final round on Sunday, February 27.

Discount military tickets can now be purchased at the MWR ticket office. Daily passes are available for only $10.50 per person. The regular price is $12.

Discount tickets must be purchased in advance.

For more information, call the MWR ticket office at 532-7255. For event information, call the Century Club of San Diego at 281-4653.

* * * * * *

The newest interactive laser fun has arrived in San Diego. Laser Storm is open in El Cajon and you can play this action game with your friends in an exciting black light arena.

The arena combines a number of lighting effects, fog and music blended together for an adventure you won't forget.

Hide behind barricades as you search for opposing team members in order to render them momentarily helpless by your light beam blaster.

Each hit scores points for your team. Players that have been hit can re-energize their blaster from the infrared beams stationed throughout the arena — that means you'll never be out of the game.

Teams can compete against teams or individuals can go head to head to see who is the champion.

The pace is fast and challenges anyone's reaction time and coordination.

The indoor battlegrounds are roughly the size of two racquetball courts and a zig-zagging volleyball-like net divides the battleground in two.

An electronic scoreboard near the ceiling keeps score at all times.

The game is a straightforward war game. Two teams of up to 12 players each fire lasers at each other from their side of the battlefield. Lasers are actually a fine beam of red light.

Each game lasts 10 minutes and the team with the most points after 10 minutes wins.

After a hard game of laser tag enjoy pizza and deli sandwiches available at Laser Storm.

Discount military tickets are available for games at Laser Storm. Tickets are only $3.75 per person.

Discount tickets are available at the MWR ticket office. For more information, call 532-7255. For Laser Storm information, call 596-0166.

Laser Storm is located at 1571 North Magnolia in El Cajon. Laser Storm is open daily from 11 a.m. to 11 p.m.

YOU COULD EARN $300 OR MORE A MONTH

If you have recently had or currently have any of the following diseases, you could qualify as a plasma donor, earn extra money and benefit medical research:

- **Rheumatoid Arthritis**
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$10 OFF ANY **BRAKE WORK** OF $50 OR MORE
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COUPONS EXPIRE 3/31/94

CLASSIFIEDS

120 Real Estate for Sale

"2 on 1" newly restored, North Park, has positive cash flow now! Live in one, rent other. Offered VA, asking $164K; 280-9586.

3BR/1½BA, nice den, huge fireplace, nice San Carlos neighborhood, near Lake Murray, $160K, by owner; Larry 462-2315. D.

4BR/2½BA, 2 patios, workshop, RV parking, nice, San Carlos neighborhood, spa w/waterfall, $215K, near Lake Murray, by owner; Larry 462-2315.

Immaculate 5 rm mountain cottage, totally remodeled, central HT/AC + new stucco, country porch, 1 hr from San Diego, $77,500, by appointment; 479-6868.

Lemon Grove, spacious 4BR/3BA, 2-story home, 1881 sq.ft., pool, new jacuzzi, 2-car garage, high vaulted ceilings, fireplace, quiet cul-de-sac, 167K; Bill 222-6965. D.

Ranch in Jamul, 2 acres, 3BR/2BA, horse stalls, chicken coops, beautiful views, $235K, by owner; Larry 462-2315. D.

Rancho San Diego townhome, 3BR/2½BA, yard, hot tub, 20 mins. to North Island, 2138 Greencrest Dr., El Cajon; 441-8796.

125 Condominiums

2BR/2BA in Fashion Valley, move-in condition, easy access Rt. 5, 8 & 163, VA approved, transferring need to sell fast, will negotiate, $112,500; Pat 298-3367. D.

210 Apts. Unfurnished

2BR townhouse, bath +½, new appliances, carpet, paint, $575, deposit $300, 716 Calla Ave., I.B.

Imperial Beach, 2BR apt, $555, stove, refrig., carpets, drapes, trash/water paid, sorry no pets, not far from Commissary/Exchange; 424-3123. G.

Imperial Beach, 2BR apt, $555, stove, refrig., carpets, drapes, trash/water paid, sorry no pets, not far from Commissary/Exchange; 424-3123.

Imperial Beach, $425, 1BR, new carpets/drapes, laundry facilities, off-street parking, security gates, close to shopping/transportation; 444-6424.

North Park, $440, studio, utils. paid, 4046½ Ohio St. Full kitchen, indry, gdner, near all, nonsmoker; 295-2141. D.

220 Houses Unfurnished

1BR, SESD, 437 Denby St., San Diego, $400/mo., $200 deposit; 263-9527 after 5:30 p.m. D.

3BR duplex, fenced, covered patio, laundry hookups, water paid, pet ok, avail. 2/1/94, 15 min. to base, $750, Linda Vista; 292-0509.

4BR/2½BA, Bankers Hill home (near Balboa Park) remodeled kitchen, garage, low maint. yard, 3500 sq.ft., $1800/mo., lease; 483-4851. G.

Bankers Hill Home - Near Balboa Park, 4BR/2½BA, remodeled kitchen, garage, low maintenance yd, 3500 sq.ft., $1800/mo. lease; 483-4851. D.

245 Rooms for Rent

Room for rent, share 3BR condo, nonsmoker, private BR, kitchen privileges, South SDiego, Hwy 5 & 805 close, $300/mo.; 428-8151.

Room for rent, share 3BR condo, nonsmoker, private BR, kitchen privileges, South SDiego, Hwy 5 & 805 close, $300/mo.; 428-8151. D.

Roommate wanted to share condo, security, pool, jacuzzi, opt. furn. unfurn, $495 + utils.; Rich 560-8183.

303 Furniture Appliance*

2 bar stools $25 each, baby stroller $40, baby bed $40, Kenmore refrig. double doors upright $300, xlnt cond.; 522-0048.

72" round solid mahogany table w/8 chairs and 18" lazy susan, $500; 690-1663.

Couch, dinnette, very nice, new, will negotiate, $200; Rudy or Keith 690-4277.

Microwave and refrig. $50 for both. Softsided jacuzzi yr old used once $1200; Tom 448-3073.

Oak wall unit $75, computer desk $45; 583-6177. G.

305 Jewelry - Clothing

Wedding dress, elegant, designer style w/cathedral length train, long white gloves, paid $800 asking $400 OBO; 550-0495.

315 Sporting Goods

Golf Clubs, PING EYE 2, Red Dot irons. Ping ZZ Lite Shafts, 3 thru sand wedge, $340; 695-1656 after 5 p.m. D.

Golf clubs Ping Eye 2 1-SW, like new w/new grips, $440; 558-7426. D.

Golf starter set $45. Full set bag and cart $85. Taylor ICW-5 irons $275. Taylor woods graphite shafts; 479-1484.

SCUBA equipment, regulators, BCs, wetsuits. All sizes, used, great shape; 424-6211.

Sears inclined Treadmill, fully programmable, like new cond., $500 retail, asking $250 OBO; 587-0226.

325 Misc. for Sale*

10 gallon aquarium filter, pump and accessories included $15; Dana 584-0262.

740 Autos for Sale

1987 VW Bug, runs xlnt, new engine, many new parts, $4000 invested, asking only $1600; 1-800-407-1927 pager, lv msg. D.

1988 Mazda RX-7 convertible, only 63K miles, meticulously maintained, power everything including factory alarm, pristine, all records, rotary smooth, $11,895; 472-5502. D.

740 Autos for Sale

1977 Ford E-150 van camper; 88,000 orig miles, PS, PB, AC, stove, frig., potty, sunroof, sink, table, bed, xlnt engine, owned by mechanic, $2950; 273-4456. H.

1990 Honda Accord LX, auto, brown, PW, PM, PD, PL, very good running cond., 53,500 miles, $13,000; 689-0819. D.

1992 Pontiac Grand Am, sporty, blue, black interior, V6, auto, AC, fully loaded, power everything, great car, overseas transfer, $12,000; 660-5058. D.

84 Honda CT 110, street and trail licensed, 2K miles, original owner, like new, $650, offer; 448-0462. D.

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Classified ad space is free to all active duty military, reservists, retirees, their dependents and civil service employees. Ads may not solicit for a business venture. Submit ad (20 words or less) to: *the Dry Dock*, Bldg. 1, Naval Medical Center San Diego, across from the post office or mail to *the Dry Dock* c/o Naval Medical Center, San Diego, CA 92134-5000. Call 532-9057.

CLASSIFIED

For Paid Advertising in the North Islander, Gator, Dry Dock & Hoist, please call 435-3141.

115 Open Houses

Open House. Sat. 1-4, 6351 Dissinger Ave. Paradise Hills, 3Br/2Ba, fplc, 2car gar, 10K below VA Appraisal, Neil Powell Realtor 422-9053

120 Real Estate for Sale

Call for a **FREE** List of Bank Owned and Distress Sale Properties. **Dana Horne Realty 566-3262**

IB-4Br/2Ba, 2036 sqft, gas fplc, near beach, nice area, 199K/VA, 437-8705

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ARMY RETIRED / REALTOR
461-9144

125 Condominiums

STEAL! 2Br/2Ba Condo on ocean in , IB. Only $103,000, Agent 566-3262

There's always something cooking in the Classified Section!

200 Condos for Rent

CV-3Br/1½Ba, new carpet, stv, blnds, clean & quiet area, $800, 427-4789

IB-$725, 2Br/1½Ba, steps to bch, view, ask about xtras, Bill 575-1674

IB-Beach Condo, 2Br+loft, 1300 sqft, 2 car gar, $850. 737 Seacoast Dr. 442-6523

IB-First and last mo free, OAC, new 2Br/2½Ba, townhouse, ocean vu, gated, fp, pet ok, $850, 423-3023

IB-New 2Br/2Ba twnhse on wildlife sanctuary. Spectacular views, lg patio, blk to beach, frplc. Totally unique, $795/mo, Scott 747-8468

IB-½ off 1st mo. New Lg 3Br/3Ba, 2 car gar, fp, appl, pet ok, $950, 423-3023.

OB-$1050, 3Br/2½Ba, near bch, fplc, w/d, Avail 2/11, 223-1621/224-5079

Steps to beach in IB, 2000 sqft, 3Br/2½Ba, 2car gar, fplc, deck w/ocean view great for 2 couples or singles $1000, 575-0738

205 Apts. Furnished

IB-Beach front townhouse, 2Br/1½Ba, fplc, lv rm, den, patio, balcony, $1000, 1474-B Seacoast, 479-6096

205 Apts. Furnished

HAWAIIAN GARDENS
$557 up, big studio, 1 & 2 Br, 2 Ba. Security, pool, sauna, FREE CABLE/ HBO. Short/long term. **Mil Disc.** Imp Bch. 429-5303

210 Apts. Unfurnished

$300 off 1st mo! Beaut 2yrs new, sec gar, off Strand in IB. 2Br, 1Ba, all appl, w/d hu. $695 & up 575-0738

$600 1Br apt
728 G Ave #7
291-3951

$650, 1Br, Quiet, landscaped, 1 yr lease. 291-3951

1Br apt unfurn, prime area, $695/mo w/gar, sm pet OK. 364-3281 or 818-336-6959

2Br in Coronado, clean, light, sm quiet complex. No pets, $725, 445-9162

CV-$450 Upstairs, 1Br/1Ba, Central Loc. Walk to all, 585-9471 Agent

CV-$515 Lg 1Br, free cable, balcony, park like pool, secure, quiet 691-1490

CV-$680, 2Br/2Ba, 1100 sq ft, pool, patio, lndry 427-1142

210 Apts. Unfurnished

Del Cerro $540 & up: Move-in bonus Lg 1 & 2Br. Pool, patio. Pet neg 5757 College, 286-1777

El Cajon-$485-$525.Quiet clean 1Br. pool, patio, cov prkng. near freeway. 1475 Graves, 588-0224

Hillcrest-$550 & up. Quiet newer 1 Br. Controlled entry. Pet on approval. 4022 Albatross, 295-7333

IB-$565, 2Br near beach, stv, refrig, cpts, drps, lndry, off street prkg, 266 Daisy. Call 438-1658

IB-Newly remodeled 2Br/1½Ba 4-plex ocean vu no pets, $750, 575-7119

La Mesa-**$560 Gets You In,** 2Br, cable, freeway close. Realty World Pro Consultant-Barb, 548-1289

N.C.2br/1ba $500 up. Move in spec. Pool, ldry rm. Near shop cntr, bus 477-6818

NC/KENSINGTON, 1-3 Br, Free rent til 2/1, **$425 move in.** 474-3118

Point Loma-$610-$780, Lg quiet 1 & 2Br. Pool, spa, patio, rec rm, xercise rm, cntrl entry, undergrnd parking. 3950 Leland 223-1390

210 Apts. Unfurnished

NoPark-$450, upstairs,1Br, 1 gar, util inc. nice neighborhood. 585-9471 Agent

Santee-$495, Clean new redecorated 2Br. D/W. Near freeway. Pet on approval. 8832 Olive Ln, 448-5758

SD-1Br, upstairs, gated entry, a/c, micro, fplc, nr bus $485 280-5929 or 449-8400

Sunny 2Br, new carpet/paint, gar avail, lndry, $565, 809 9th St. IB 435-2362/429-9729

220 Houses Unfurnished

$1895/mo, 4Br/2½Ba, 2300 sqft, 2 stry, dbl gar, lg fam rm, patio, 2 dks, frige, fplc, nr NASNI, no pets, Avail Jan 20, 575-6947

★$550, 1Br, all util paid. New kit & appl. New paint & drapes. Large walk-in closet. Off street parking. ★$800, 3Br/2Ba. Carpet & drapes through out. Large yard Gardener, water & trash paid. Tex Warren Realty, 429-7333

Charming Cape Cod, 3Br/2Ba, den, sep dr, fplc, enclosed priv patio, gardener incl. Call 435-4352

220 Houses Unfurnished

★DUPLEXES, $550, 1Br with gar. Carpet & draped through out. Lg yd. Gardener, water & trash paid. ★$750. 3Br/2Ba, carpet & drapes, fireplace, fenced yd, sprinkler system, garage w/laundry hook-up. Tex Warren Realty 429-7333

IB-$925, Nice 3Br/2Ba, fncd, gar, patio, avail 2/94, 429-6439

IB-5Br/3 tiled Ba, $1350, custom kit, lg fncd yd, gardener, fplc, deck, lg lndry, 423-8959/757-4890

Imperial Beach, $790 3Br/1Ba, nice area nr bch, lndry, fplc, gar. Avail 2/15. Call 575-9541

No Park-2Br/1Ba, $735, fplc, w/d, new remodeled, Avail 2/1, 3429 32nd St. 456-4455

No Park-3715 Arizona St. 2Br/1Ba, $775, incl util, 1 car gar on alley+ front driveway, hwd flrs, fplc, 792-5667

SoSD 4Br/2Ba, $1000+ $700 dep, new remodeled, 4 car pkng, patio, 429-4016

Sp Vly-Twnhs 2Br/2Ba 2car gar, w/d, alarm syst, pool, $700, 284-6783

CLASSIFIED

For Paid Advertising in the North Islander, Gator, Dry Dock & Hoist, please call 435-3141.

220 Houses Unfurnished

Rancho SD-3Br/2½Ba, 2 fplc, 1850 sqft, 15 min to dwn twn, quiet, cln, 2cr gar, grt schls, $1100, avail 2/94, w/d & refrig neg, 660-0441

Rancho SD-4Br/2½Ba, 2 story, incl w/d refrig, fplc, jacuzzi, 2 car gar, $1300, 670-3837

SoBa. Nice 4Br Townhome, pool, spa, nice area near So Bay freeway, $900. Avail 2/1. Call 679-7556

225 Rentals to Share*

Prof wanted to share Condo with. View with same, pvt Br/Ba. Everything provided, Mil OK, 575-1480 or 965-6991.

When you need extra $$$, Sell your good but no longer used items to interested buyers. **435-3141**

235 Vacation Rentals

Ski Tahoe. 3Br/2Ba condo, Lake Tahoe, amens, Neg. rates, Jeff 272-7011

245 Rooms for Rent

Clairmont-3Br/2Ba, $350+1/3 util, non-smkr, jacuzzi, w/d 670-3837

Poway-Furn, Private Br/Ba/phone, share kit, no-smkr, $265, 748-2654

303 Furniture Appliance*

Daybed, white & brass complete w/trundle & mattresses, never used, boxed, cost $850. Must sell, $250-cash. 744-1372

303 Furniture Appliance*

Kingsize Brass Bed. Complete w/firm orthopedic mattress, never used, boxed, cost $1000. Must sell $350-cash, 744-1372

Queen Brass Bed, complete w/firm orthopedic mattress, set never used, still boxed, cost $850. Must sell $250-cash. 744-1372

325 Misc. for Sale*

Bose 901-5 with equalizer, stnds & mnstr cable. Grt sound, $550, 435-2887

355 Misc. Wanted*

Coins, silver, & gold. We pay more. Coronado Coins 942 Orange, Cor. 437-1435

550 Help Wanted

NAVY TAC D&E ANALYSTS needed for the following areas: AAW, ASUW, ASW, STRIKE WARFARE, SPECWAR, SPACE & ELECTRONIC WARFARE, AMPHIB, & MINING. Send resume to: P.O. Box 180700, Coronado, CA 92178

Receptionist-Cheerful person wanted for Mission Valley Optometrist office. Approx 30hr/wk. 297-3802

Veterans Benefit Assoc. is expanding. We need FT/PT counselors. We train. Call Mr Dillon, 757-3587

When you need extra $$$, Sell your good but no longer used items to interested buyers. **435-3141**

560 Situations Wanted*

Naval Academy Grad, BS, needs FT/PT employment. Very flexible. 522-0459

580 Services Offered*

Professional Resumes. Layout, typing, updating & laser printing, 631-8507

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NEW FAT-LOSS PROGRAM. Thermogenic formula, brindall, berry & chromium. Not avail. in stores. Produced by Golden Pride/Rawleigh. Call for info! **697-1670**

700 Boats

Zodiac Grand RD Mrkll, 35hp Merc, Aerostar trailer. Grt cond, $3000, 435-2887

740 Autos for Sale

'83 CHEVY CAMERO Berlinetta, rebuilt trans, valve job, all new tires, needs headliner & paint, $2100 OBO, Call 421-8776

There's always something cooking in the Classified Section. Call 435-3141 to place your ad.

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Tired of dead-end jobs with low wages and no future? Put your experience with military families to work as an NCOA counselor. Counselors recruit members for the NCOA, provide military benefits and life insurance counseling to families, as well as supporting local chapter and other fraternal activities. Excellent training program and generous performance-based compensation plan with deferred compensation to build for the future. Opportunity to transfer to many military installations in the U.S. and overseas when spouse is reassigned. Flexible hours. Call for interview:
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ELECTRICIANS
MACHINISTS (DIESEL MECHANICS)

We are seeking skilled individuals to join our team. Four or more years of hands-on machinist/diesel mechanic or industrial electrician experience is required. Positions are available or anticipated in North Little Rock, AR; No. Platte, NE; Ft. Worth, TX; Portland, OR; Kansas City, KS; Los Angeles, CA; Salt Lake City, UT; and Pocatello, ID.

ELECTRONIC TECHNICIANS
(TELECOMMUNICATIONS)

Candidates must have two or more years experience working on telecommunications equipment and systems. An FCC license, narte or NABER certificate is required. An associate's degree is preferred. Positions may become available at various locations within the 19-state area of operations.

To learn more about these three positions, the company and locations where jobs are available, interested, qualified individuals should bring a resume and plan to attend a presentation at:

10:00AM or 2:00PM or 7:00PM
February 15, 1994
Embassy Suites
601 Pacific Highway
San Diego, CA

Spouses are welcome to attend. Job previews are available at the Transition Assistance offices on base.

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FOR MORE INFORMATION
CALL:
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